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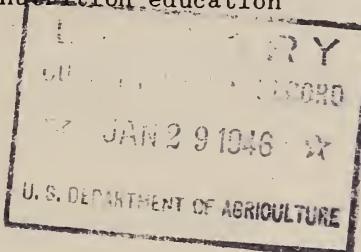


INDUSTRIAL NUTRITION SERVICE

For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
Office of Supply

Dallas, Texas
August 1945



Truckloads of fruits and vegetables are still coming into markets this month. In addition, lots of Victory gardens are helping to swell the supply.

EAT THEM WHILE THEY'RE FRESH

Garden-fresh vegetables and tree-ripened fruits are rich in food value. So eat them often.

Peaches head the list of plentiful fruits. Other favorites in good supply include citrus fruits, apricots, cherries, plums and cantaloupes.

In many markets, cabbage, onions, tomatoes and corn head the vegetable list. Not far behind are carrots, squash, peas, peppers and turnips. Lettuce and celery also are plentiful in some areas.

Your cafeteria is probably serving these fruits and vegetables often because they add flavor and vitamins galore to mid-shift meals.

WAYS TO COOPERATE WITH YOUR CAFETERIA MANAGER

One way is in the amount of sugar you use. Your plant cafeteria has had a drastic cut in its sugar ration because sugar supplies are lower than at any time since the war began.

In fact, your cafeteria's sugar ration amounts to approximately one tablespoon per meal for each worker. That must be stretched for baking and for beverages.

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When you use a heaping teaspoonful or two in your coffee, the pastry cook has less for your favorite chocolate cake, peach cobbler or apple pie.

Cooperate with your cafeteria manager by taking only a level teaspoonful for your beverage. Stir the sugar well so it'll dissolve completely. This is one way you can help stretch the limited sugar supply.

HELP MAKE THE CAFETERIA SERVICE FASTER

(1) Read the menu before you reach the serving counter so you can give your order promptly... (2) Speak distinctly when giving your order to the counter salesgirl... (3) Have your money ready when you reach the cashier.

HELP KEEP THE DINING ROOM ORDERLY

(1) Return your tray of empty dishes when this is the custom... (2) Place waste paper in the proper containers.

HEALTH HINTS

Green and yellow vegetables and tomatoes, fresh from the garden or market bin, provide the health protective vitamins A and C.

Follow these simple rules in hot weather to help keep fit: (1) Drink plenty of water... (2) Use salt liberally with your meals... (3) Do not over-eat at any one meal but eat more often, if necessary.

Be sure to include foods from the Basic 7 food groups in your meals every day.

TAKE HOME IDEAS

Workers with Victory gardens will be wise to can all the fruits and vegetables the family cannot eat. Can them while they're young and immediately after they're picked to get full flavor and food value.

Conserving and preserving food this season is more important than ever. Garden vegetables and fruits are plentiful now but stocks of commercially canned foods will be smaller this year than last.

Increased military needs and shipments for the liberated countries will cut the civilian supply. For that reason, can all you can now of your garden-fresh foods.

USE COMMUNITY CANNING CENTERS

Many communities have canning centers completely equipped for family canning. Take your fruits and vegetables to a canning center and can them right there.

For those who have never canned before, experienced instructors are on hand to supervise the canning and help with the processing. All the service costs is the price of the cans plus a small fee.

Call your local Board of Education or the Extension Service, United States Department of Agriculture, to find out where the canning center is located.

SAVE USED FATS AT HOME

Your butcher will give you two red points and up to four cents per pound for fats no longer useful to you but which Uncle Sam needs for the firing line.

Fats that go down the drain or into the garbage pail don't help to shorten the war. Keep the used fat container in a convenient place and see how quickly you can fill it.

FOOD-ON-THE-JOB HERE AND THERE

In one West Coast plant only pint-sized milk containers were served until recently when half-pints were made available. Milk sales instantly increased 25 percent.

If you're a one-glass-of-milk-at-a-meal drinker and your cafeteria serves only pints, you might like to suggest that half pints also be served.

One Southern textile mill reports cafeteria patronage just short of 100 percent. Only two women workers do not eat their mid-shift meals at the mill. One goes home to look after her sick mother and the other to feed her baby.

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